

the Cooper Clayton

Method to
Stop Smoking

The Cooper/Clayton Program

- proven effective
- addresses all aspects of smoking
- utilizes nicotine replacement products
- provides 13 weekly one-hour educational sessions

What happens when you stop?

- Your circulation improves, you can smell and taste things better, and you breathe easier.
- You reduce your risk of cancer, stroke, heart and lung diseases and other illnesses.
- After 10 to 15 years off cigarettes, your risk of death from smoking-related diseases is almost the same as for people who have never smoked.
- You will make your home a healthier place for everyone.
- You will save money. The average smoker spends \$1,000 a year on cigarettes.

Cooper/Clayton Partners

Primary Partners



Jefferson County
Smoke Free Coalition



Other Partners

Kentucky Cancer Program
Bullitt County Health Department
Middletown Christian Church
Norton Hospital
Norton Audubon Hospital
Norton Southwest Hospital
Norton Suburban Hospital
Oldham County Health Department
Park DuValle Community Health Center
Valley View Church

About the Cooper/Clayton developers

Thomas M. Cooper, DDS, was a heavy cigarette smoker for 36 years. He made repeated attempts to stop smoking but was not successful until he developed the Cooper/Clayton Method. He knows nicotine therapy works!

Richard Clayton, PhD, is an internationally known expert on drug addiction including nicotine addiction. Drs. Clayton and Cooper have helped hundreds of people stop smoking using the Cooper/Clayton Method.

The partners listed in this brochure are providing these programs as a public service. Cost for each participant is \$10 for materials and cost of the nicotine replacement products. There is no cost for materials at the Park DuValle Community Health Center for those who qualify.



LOUISVILLE METRO HEALTH DEPARTMENT

Cooper/Clayton Programs

JULY - DECEMBER 2006 SCHEDULE

JULY 6, 2006

THURSDAY 6:00 - 7:00 PM

Middletown Christian Church
500 North Watterson Trail

AUGUST 3, 2006

THURSDAY 5:30 - 6:30 PM

Bullitt County Health Department
181 Lees Valley Road,
Shepherdsville, KY

AUGUST 20, 2006

SUNDAY 6:00 - 7:00 PM

Valley View Church
8911 Third Street Road

AUGUST 29, 2006

TUESDAY 1:00 - 2:00 PM

Norton Southwest Hospital
9820 Third Street Road
Drs. Office Building,
3rd floor – Room 310

AUGUST 29, 2006

TUESDAY 6:00 - 7:00 PM

Norton Audubon Hospital
One Audubon Plaza Drive -
Lower Level One Conference Room #2

SEPTEMBER 7, 2006

THURSDAY 12:00 - 1:00 PM

Park DuValle Community Health Center
3015 Wilson Avenue

SEPTEMBER 7, 2006

THURSDAY 6:00 - 7:00 PM

Norton Suburban Hospital
Cancer Prevention & Resource Center
Medical Plaza II, Suite 400, 3991 Dutchmans Lane

SEPTEMBER 12, 2006

TUESDAY 6:00-7:00 PM

Norton Hospital
Cancer Prevention Resource Center
234 E. Gray Street, Suite 164

SEPTEMBER 13 2006

WEDNESDAY 6:00 - 7:00 PM

Oldham County Health Department
1786 Commerce Parkway
LaGrange, Kentucky

SEPTEMBER 18, 2006

MONDAY 7:00 - 8:00 PM

South Louisville Christian Church
3845 Southern Parkway

OCTOBER 5, 2006

THURSDAY 6:00 - 7:00 PM

Middletown Christian Church
500 North Watterson Trail

TO REGISTER FOR A PROGRAM OR
FOR MORE INFORMATION CALL:

574-STOP

(574-7867)

OR EMAIL US AT

stopsmoking@louisvilleky.gov

*Advance registration required
by phone or email*



Adewale Troutman,
MD, MA, MPH
Director of Health
Louisville Metro Health Department

*There are
many
reasons
to stop
smoking.*

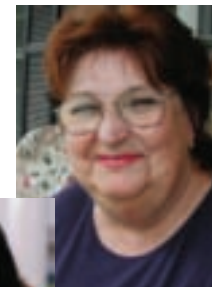
*Your health,
your life and
your loved ones.*

*How many
more reasons
do you need?*

*Take the first
step today!*

**STOP
SMOKING!**

*You won't
believe how good
you'll feel!*



*We know
it's not
easy to stop.*

*You CAN
do it!*



**Cooper
Clayton**



*We are here to help.
Call us today!*

574-STOP